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**National Trust Press Release**  
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**Image:**

Wrap up warm and brave the elements on a trip to one of your local National Trust places ©National Trust Images/Chris Lacey

**Beat those January blues with some winter inspiration from the National Trust**

Don't let the cold and wet keep you at home this winter. Now is a wonderful time to experience the beauty of the landscape and feel the frost biting your nose at one of the National Trust's places near you. From weather-proof, accessible walks to orienteering and winter wildlife there's plenty to tempt you out of hibernation. Or if the weather takes a turn for the worse, nothing beats a cosy tea-room or a spot of nostalgia at the (indoor) Museum of Childhood at Sudbury.

Find the best all-weather walks, indoor activities and winter inspiration right here:

<https://www.nationaltrust.org.uk/lists/winter-visits-in-south-derbyshire-and-leicestershire->

### **Sudbury Hall and the National Trust Museum of Childhood, Derbyshire**

When the weather is a little drab and you're looking for something to entertain the family, a visit to Sudbury has lots to offer for the colder months. Open Friday to Monday throughout January, there are a variety of activities for the whole family. Visit the Museum of Childhood for a trip down memory lane and see how many favourite toys and games you can spot. The little ones will enjoy the Victorian classroom where they can learn to use a more traditional black board 'iPad'. The billiard room is home to a treasure trove of games the whole family can play and if you're feeling peckish after all the fun, the tea-room has a new family sharing menu serving classics such as home-made casserole and a tasty sharing brownie stack.

[www.nationaltrust.org.uk/sudbury-hall-and-the-national-trust-museum-of-childhood](http://www.nationaltrust.org.uk/sudbury-hall-and-the-national-trust-museum-of-childhood)

### **Calke Abbey, Derbyshire**

Experience frosty mornings and crisp winter walks at Calke Abbey, where you can appreciate the beauty of nature whatever the weather. The Tramway Trail is the perfect wet-weather route for walks and wheels, while Calke Explore is a great base for exploring the wider estate – with 600 acres to discover, you'll find something new on every visit.

Keep learning with Calke's Dine and Discover series; a range of talks, tours and workshops followed by a hearty two-course lunch in the café. From beer evenings and baking demonstrations to history talks and mindfulness walks, you'll find plenty of inspiration to kick-start those New Year's resolutions.

[www.nationaltrust.org.uk/calke-abbey](http://www.nationaltrust.org.uk/calke-abbey)

### **Ilam Park, Dovedale and the White Peak, Derbyshire**

After a refreshing winter wander around the beautiful countryside, warm up and relax in the Manifold Tea-room at Ilam Park with a comforting brew, seasonal lunchtime dishes and, if you have room, a hearty slice of cake. For anyone wanting to plan a winter getaway filled with scenic walks, wildlife spotting and to create new traditions, then find out more about the cosy bunkhouse in the stableblock at Ilam Park, as well as the large family friendly YHA Youth Hostel in Ilam Hall.

[www.nationaltrust.org.uk/ilam-park-dovedale-and-the-white-peak](http://www.nationaltrust.org.uk/ilam-park-dovedale-and-the-white-peak)

## **Kedleston Hall, Derbyshire**

Wrap up warm and dry and experience winter's open views and frosty landscapes in Kedleston's parkland. The woodland walk is a good spot for leisurely strolls or you can have a go at orienteering. The restaurant at Kedleston offers warming breakfasts, lunches and snacks daily through the winter months – the perfect way to warm up after being out and about in the cold. The new vegan cream tea is a popular choice.

[www.nationaltrust.org.uk/kedleston-hall](http://www.nationaltrust.org.uk/kedleston-hall)

**- ENDS -**

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**Kedleston Hall, Derbyshire, DE22 5JH**

Tel: 01332 842191

[www.nationaltrust.org.uk/kedleston](http://www.nationaltrust.org.uk/kedleston)

**Sudbury Hall and the Museum of Childhood, Ashbourne, Derbyshire, DE6 5HT**

Tel: 01283 585305

[www.nationaltrust.org.uk/sudburyhall](http://www.nationaltrust.org.uk/sudburyhall)

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Tel: 01335 350503

[www.peakdistrict.nationaltrust.org.uk/](http://www.peakdistrict.nationaltrust.org.uk/)

**About the National Trust**

The National Trust is a conservation charity founded in 1895 by three people, Octavia Hill, Sir Robert Hunter and Hardwicke Rawnsley who saw the importance of the nation's heritage and open spaces, and wanted to preserve them for everyone to enjoy.

This year, the charity celebrates its 125th anniversary, and these values are still at the heart of everything it does.

To help mark this significant moment in its history, the Trust has committed to becoming carbon net zero by 2030, planting and establishing 20 million trees to help tackle climate change, creating green corridors for people and nature near towns and cities, running a year-long campaign to connect people with nature and continuing investment in arts and heritage.

Ensuring everyone who visits feels welcome, and more people can access its places continues to be another key aspect of the charity's work.

Entirely independent of Government, the National Trust looks after more than 250,000 hectares of countryside, 780 miles of coastline and hundreds of special places across England, Wales and Northern Ireland.

More than 26.9 million people visit every year, and together with 5.8 million members and over 65,000 volunteers, they help to support the charity in its work to care for nature, beauty, history. For everyone for ever.

For more information and ideas for great seasonal days out go to:

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

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